

# Asparagus, Lemon, Tarragon Chicken Pasta.



Servings: 4 portions

## Ingredients

- Brown Onion x 1
- Garlic x 4 Cloves
- Chicken Breast x 2
- Wholegrain Mustard x 1  
Tbsp
- Asparagus x 1 Bunch
- Lemon x 2
- Tarragon x Handful
- Peas x 2 Handful
- Spinach x 2 Handful
- Crème Fraiche x Small Pot
- Pasta of your choice (~  
100g dry weight per person)
- Chicken Stock Cube x 1

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Option to make veggie, just omit the chicken, double up on the veggies and use a vegetable stock cube. To make it vegan, replace the crème fraiche with a plant-based cream alternative.

## Method

- Cut the chicken into small chunks and brown off in a large pan then remove and set to one side.
- Finely dice the onion and turn the garlic into a paste, then gently sweat off in a little oil in the same pan.
- Once the onions are soft add in the mustard and put the chicken back in the pan.
- Add enough water to just cover the chicken, crumble in the stock cube and allow to simmer for 5 minutes.
- At the same time, cook the pasta as per the packet instructions.
- Next, cut the asparagus into inch long chunks and add to the pan along with the peas. Simmer for another minute or 2 whilst the pasta finishes cooking.
- Drain the cooked pasta and add to the pan.
- Stir in the zest and juice of the lemons, chopped tarragon and the crème fraiche.
- Bring the sauce up to temperature as it thickens stir in the spinach.
- Season, plate up and enjoy!